

Small Group questions: 17 June 2012

From the Book, "The Life You Have Always Wanted" by John Ortberg

The Unhurried Life; The Practice of Slowing

If you were to take this exhortation with all seriousness, "to be spiritually healthy, you must ruthlessly eliminate hurry from your life," what is one thing you would need to change in your life so you could slow down?

The author writes, "Hurry is the great enemy of spiritual life in our day. Hurry can destroy our souls. Hurry can keep us from living well." How have you experienced the destructive power of hurry in your life?

Read:

Mark 1:32 When evening came, after the sun had set, they began bringing to Him all who were ill and those who were demon-possessed. 33 And the whole city had gathered at the door. 34 And He healed many who were ill with various diseases, and cast out many demons; and He was not permitting the demons to speak, because they knew who He was. 35 In the early morning, while it was still dark, Jesus got up, left the house, and went away to a secluded place, and was praying there. 36 Simon and his companions searched for Him; 37 they found Him, and said to Him, "Everyone is looking for You." 38 He said to them, "Let us go somewhere else to the towns nearby, so that I may preach there also; for that is what I came for." 39 And He went into their synagogues throughout all Galilee, preaching and casting out the demons.

Luke 5:15 But the news about Him was spreading even farther, and large crowds were gathering to hear Him and to be healed of their sicknesses. 16 But Jesus Himself would often slip away to the wilderness and pray.

From these two passages and other stories in the Gospels, what are some examples of how Jesus modeled an unhurried life?

Take a few moments and have your small-group members take this brief survey. Circle yes or no for each question:

Do you live with a daily sense that there is not enough time to get done with everything you need to accomplish? YES NO

Do you find yourself talking faster because there is so much to say? YES NO

Do you nod a lot when a person is talking slowly in an effort to keep them moving along? YES NO

When people are talking too slowly, do you ever find yourself wanting to (or actually) finishing their sentences? YES NO



Do you ever drive faster than is safe (even sometimes when you are not in a hurry) ? YES NO

When you stop at a red light with two or more lanes with cars in them, do you ever try to anticipate which car looks faster so you can get behind that car and save a few seconds when the light turns green? YES NO

Do you ever try to gauge which line at the grocery store will be the quickest and get in that line? And, if it turns out you picked the slower line, does it bother you? YES NO

Do you multiple-task and try to get more than one thing done at a time on a regular basis? YES NO

Do you have a big pile of magazines, newspapers, and books that you hope to read "some day"? YES NO

Do you live your life driven by schedules, organizers, and to-do lists? YES NO

Do you find it difficult to say no when others ask you to do things that will add one more item to your schedule? YES NO

Share how many times you circled yes to the questions above, and tell your group what you think this reveals about the place of hurry in your life.

The author says, "Love and hurry are fundamentally incompatible."

How is hurry the enemy of love in one of these relationships?

Your relationship with God

Your relationship with your family members

Your relationship with other followers of Christ

Your relationship with those who don't yet know Jesus

What are some of the values and attitudes in our society that drive us to a hurried lifestyle?

What are some biblical truths we can hold on to that will counteract these values and attitudes



Additional Small Group Questions

Identify a time in your life when you really slowed down and enjoyed each experience that came your way. What helped lead you to this time of slowing?

How do you feel during the times you are not working or producing something?

Group Prayer Direction

Pray that God's Spirit of peace will fill your hearts, homes, work... places, and thought patterns. Ask God to teach you the life...giving discipline of slowing down.

Living the Life

Take time in the coming days to do one of the activities listed under "Slowing" above

Personal Reflection

If I have identified a high level of busyness in my life, what is it that is driving me to push so hard all the time? What am I trying to accomplish? Who am I trying to impress? Does God really ask me to do all I am doing?